**SALA 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ORARI** | **LUNEDI** | **MARTEDI** | **MERCOLEDI** | **GIOVEDI** | **VENERDI** |
| **09.00 - 09.30**  **09.30 - 10.00** | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |
| **10.00 - 10.30**  **10.30 - 11.00** |  | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |  |
| **11.00 - 11.30**  **11.30 - 12.00** |  | **YOGA** |  | **YOGA** |  |
| **12.00 - 12.30**  **12.30 - 13.00** |  | **POSTURALE** |  | **POSTURALE** |  |
| **13.00 - 13.30**  **13.30 - 14.00** |  |  |  |  |  |
| **14.00 - 14.30**  **14.30 - 15.00** |  |  |  |  |  |
| **15.00 - 15.30**  **15.30 - 16.00** | **PSICO**  **MOTRICITA’** |  |  | **GINNASTICA IPOPRESSIVA** |  |
| **16.00 - 16.30**  **16.30 - 17.00** | **MUSICA**  **TERAPIA** |  |  | **GINNASTICA IPOPRESSIVA** |  |
| **17.00 - 17.30**  **17.30 - 18.00** |  | **GINNASTICA** |  | **GINNASTICA** |  |
| **18.00 - 18.30**  **18.30 - 19.00** |  | **POSTURALE** |  | **POSTURALE** |  |
| **19.00 - 19.30**  **19.30 - 20.00** | **KUNDALINI**  **KUNDALINI** |  |  |  | **GATKA**  **GATKA** |
| **20.00 - 20.30**  **20.30 - 21.00** | **KUNDALINI** |  |  |  | **GATKA** |
| **21.00 - 21.30**  **21.30 - 22.00** |  |  |  |  |  |

**SALA 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ORARI** | **LUNEDI** | **MARTEDI** | **MERCOLEDI** | **GIOVEDI** | **VENERDI** |
| **09.00 - 09.30**  **09.30 - 10.00** | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |
| **10.00 - 10.30**  **10.30 - 11.00** |  | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |  |
| **11.00 - 11.30**  **11.30 - 12.00** |  | **YOGA** |  | **YOGA** |  |
| **12.00 - 12.30**  **12.30 - 13.00** |  | **POSTURALE** |  | **POSTURALE** |  |
| **13.00 - 13.30**  **13.30 - 14.00** |  |  |  |  |  |
| **14.00 - 14.30**  **14.30 - 15.00** |  |  |  |  |  |
| **15.00 - 15.30**  **15.30 - 16.00** | **PSICO**  **MOTRICITA’** |  |  | **GINNASTICA IPOPRESSIVA** |  |
| **16.00 - 16.30**  **16.30 - 17.00** | **MUSICA**  **TERAPIA** |  |  | **GINNASTICA IPOPRESSIVA** |  |
| **17.00 - 17.30**  **17.30 - 18.00** |  | **GINNASTICA** |  | **GINNASTICA** |  |
| **18.00 - 18.30**  **18.30 - 19.00** |  | **POSTURALE** |  | **POSTURALE** |  |
| **19.00 - 19.30**  **19.30 - 20.00** | **KUNDALINI**  **KUNDALINI** |  |  |  | **GATKA**  **GATKA** |
| **20.00 - 20.30**  **20.30 - 21.00** | **KUNDALINI** |  |  |  | **GATKA** |
| **21.00 - 21.30**  **21.30 - 22.00** |  |  |  |  |  |

**SALA 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ORARI** | **LUNEDI** | **MARTEDI** | **MERCOLEDI** | **GIOVEDI** | **VENERDI** |
| **09.00 - 09.30**  **09.30 - 10.00** | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |
| **10.00 - 10.30**  **10.30 - 11.00** |  | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |  |
| **11.00 - 11.30**  **11.30 - 12.00** |  | **YOGA** |  | **YOGA** | **BEBY SENSORY** |
| **12.00 - 12.30**  **12.30 - 13.00** |  | **POSTURALE** |  | **POSTURALE** | **YOGA IN GRAVIDANZA** |
| **13.00 - 13.30**  **13.30 - 14.00** |  |  |  |  |  |
| **14.00 - 14.30**  **14.30 - 15.00** |  |  |  |  |  |
| **15.00 - 15.30**  **15.30 - 16.00** |  |  | **GINNASTICA IPOPRESSIVA** |  |  |
| **16.00 - 16.30**  **16.30 - 17.00** |  |  | **GINNASTICA IPOPRESSIVA** |  |  |
| **17.00 - 17.30**  **17.30 - 18.00** |  | **GINNASTICA** |  | **GINNASTICA** | **DANZA AEREA**  **TESSUTO** |
| **18.00 - 18.30**  **18.30 - 19.00** |  | **POSTURALE** |  | **POSTURALE** | **CERCHIO** |
| **19.00 - 19.30**  **19.30 - 20.00** | **TWERK**  **OPEN LEVEL** | **HATHA YOGA**  **HATHA YOGA** | **TWERK**  **OPEN LEVEL** | **HATHA YOGA**  **HATHA YOGA** |  |
| **20.00 - 20.30**  **20.30 - 21.00** |  | **HATHA YOGA** |  | **HATHA YOGA** |  |
| **21.00 - 21.30**  **21.30 - 22.00** |  |  |  | **TWERK**  **AVANZATO** |  |

**SALA 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ORARI** | **LUNEDI** | **MARTEDI** | **MERCOLEDI** | **GIOVEDI** | **VENERDI** |
| **09.00 - 09.30**  **09.30 - 10.00** | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |
| **10.00 - 10.30**  **10.30 - 11.00** |  | **GINNASTICA**  **POSTURALE** |  | **GINNASTICA**  **POSTURALE** |  |
| **11.00 - 11.30**  **11.30 - 12.00** |  | **YOGA** |  | **YOGA** | **BEBY SENSORY** |
| **12.00 - 12.30**  **12.30 - 13.00** |  | **POSTURALE** |  | **POSTURALE** | **YOGA IN GRAVIDANZA** |
| **13.00 - 13.30**  **13.30 - 14.00** |  |  |  |  |  |
| **14.00 - 14.30**  **14.30 - 15.00** |  |  |  |  |  |
| **15.00 - 15.30**  **15.30 - 16.00** |  |  | **GINNASTICA IPOPRESSIVA** |  |  |
| **16.00 - 16.30**  **16.30 - 17.00** |  |  | **GINNASTICA IPOPRESSIVA** |  |  |
| **17.00 - 17.30**  **17.30 - 18.00** |  | **GINNASTICA** |  | **GINNASTICA** | **DANZA AEREA**  **TESSUTO** |
| **18.00 - 18.30**  **18.30 - 19.00** |  | **POSTURALE** |  | **POSTURALE** | **CERCHIO** |
| **19.00 - 19.30**  **19.30 - 20.00** | **TWERK**  **OPEN LEVEL** | **HATHA YOGA**  **HATHA YOGA** | **TWERK**  **OPEN LEVEL** | **HATHA YOGA**  **HATHA YOGA** |  |
| **20.00 - 20.30**  **20.30 - 21.00** |  | **HATHA YOGA** |  | **HATHA YOGA** |  |
| **21.00 - 21.30**  **21.30 - 22.00** |  |  |  | **TWERK**  **AVANZATO** |  |